

MEAL PREP 101

Save time, money, and your sanity by preparing your meals in bulk for the week.

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MEAL PREP BASICS

Each meal should include a protein, vegetable or fruit, and a grain/starch.

For optimal health, aim for the following serving sizes daily:

- 2-4 cups veggies
- 2-4 cups fruit
- 3-6 servings whole grains
- 6-10 oz protein
- 2-3 servings dairy
- 64-128 oz water

According to MyPlate.gov



Whole Grains/Starch 1/4 to 1 cup

Rice
Bread
Pasta
Oats
Potatoes
Peas
Whole grain wrap

Protein 3-4 oz

Chicken
Fish/seafood
Flank steak
Sirloin
Eggs
Beans/nuts
Tofu/soy
Low fat dairy

Vegetables or Fruit 1/2 to 1 cup

Salad w/ vinaigrette
Raw veggies
Frozen veggies
Stir fry
Fresh salsa

VEGGIE PREP

No Time?

- Frozen veggies (no sauces)
- Frozen cauliflower "rice"
- Fresh Express chopped salads
- Canned green beans (rinsed)
- Canned diced tomatoes
- Salsa

Roast @ 425°

Roast until browned and edges are slightly burnt. Flip halfway through.

- Asparagus = 10-20 minutes
- Peppers and onions = 15-20 minutes
- Zucchini = 20-30 minutes
- Sliced cauliflower = 25-30 minutes
- Diced potatoes = 35-45 minutes

Sprinkle with Italian seasoning, parmesan cheese, fresh rosemary/parsley/thyme, or a squeeze of fresh lemon.

Salad Prep

Use shredded slow cooker chicken or pork as the protein. Have all ingredients cut in freezer bags.

- Cranberry Walnut Salad:** combine 2-3 cups spring mix, 3 Tbsp low sugar dried cranberries, 3 Tbsp chopped walnuts, and 3 oz chicken. Toss with 1 Tbsp olive oil and 1 Tbsp balsamic vinegar.
- Italian Salad:** combine 2-3 cups chopped romaine lettuce, ½ chopped roma tomato, ½ red onion (sliced), and 1 Tbsp parmesan cheese. Toss with 1 Tbsp olive oil, 1 Tbsp red wine vinegar, and ½ tsp Italian seasoning. Add 3 oz chicken if desired.
- Margarita Chicken Salad:** Combine 2 cups romaine lettuce with ¼ cup chopped tomatoes, ¼ cup chopped bell pepper, ¼ cup black beans, ½ chopped red onion, ¼ cup corn, and 3 oz chicken. Toss with 1 Tbsp olive oil, ½ Tbsp lime juice, ½ tsp agave nectar, and a pinch of cilantro/salt/pepper/cumin.

Protein

Slow Cooker

Combine ingredients below in slow cooker. Mix well. Cook for 8-10 hours on low or 5-6 hours on high.

- **Creamy Ranch Chicken:** 4-5 chicken breasts, 1 23oz can condensed cream of chicken soup, 1 dry ranch mix, ½ c milk, and fresh parsley.
- **Sweet & Sour Chicken:** 4-5 chicken breasts, 1 18 oz jar of apricot pineapple preserves, 1 12 oz jar of chili sauce, and 1 Tbsp rice vinegar
- **Salsa Chicken:** 4-5 chicken breasts, 1 16 oz salsa verde, and ½ c chopped cilantro.
- **BBQ Chicken:** 4-5 chicken breasts, ¼ c BBQ seasoning, and ½ bottle BBQ sauce.
- **Thai Chicken Thighs:** 4-5 chicken breasts, ½ c sweet chili sauce, ¼ c low sodium soy sauce, chopped green onion (for garnish).
- **Beef & Broccoli:** 1 flank steak, ½ c low sodium beef broth, ¼ c low sodium soy said, 1/3 c brown sugar, 1tbsp. Sesame oil, 3 minced garlic cloves, 1 Tbsp cornstarch
- **Carnitas:** 1 packet low sodium taco seasoning, juice from 2 limes, 1 16 oz jar mango salsa

Marinades

Great for chicken, fish, shrimp, pork loin, or flank steak. Grill, bake, or cook stovetop.

- **Cilantro Lime:** ¼ c chopped fresh cilantro, 2-4 Tbsp fresh lime juice, 1 tsp salt, ½ tsp cayenne
- **Cajun:** 1 Tbsp garlic powder, 1 Tbsp paprika, 1 tsp onion powder, 1 tsp cayenne pepper, 1 tsp oregano, 1 tsp dried thyme, 1 tsp salt
- **Jerk:** 2 juiced limes, ½ jar Walkerswood Jerk seasoning (ethnic foods isle)
- **Buffalo:** ¼ c Frank's wing sauce, 2 Tbsp honey, 1 Tbsp lime juice, 1tsp garlic powder, 1 tsp chili powder, ½ tsp cumin, ½ tsp paprika, ½ tsp onion powder

Vegetarian Prep

Combine ingredients below in slow cooker. Mix well. Cook for 8-10 hours on low or 5-6 hours on high.

- **Hard Boiled Eggs:** Add 1 Tbsp. to 4 cups of water. Drop eggs into water after it's already boiling, boil for 14 min. Chill eggs in an ice bath right when done. Peel as soon as the eggs are cool.
- **Cuban Black Beans:** sautee 1 chopped onion, add 2 cans rinsed black beans and ½ cup broth. Add 1 Tbsp cumin, 1Tbsp chili powder, 1 tsp cayenne pepper. Simmer for 10 minutes, then smash beans to preference. Add diced tomatoes if desired.
- **Lime Cilantro Black Beans:** combine 3 cans rinsed black beans, 1 ½ c chopped fresh cilantro, 1/3 c orange juice, 1 ½ Tbsp lime juice, 1/3 c light sour cream, 1/3 c diced red onion, 1 diced green pepper, 1 diced red pepper, and 1 diced avocado.
- **Chickpea salad:** combine 1 basket cherry tomatoes, 1 large diced cucumber, 1 diced red bell pepper, 2 scallions, 1 can rinsed chickpeas, 4 oz feta cheese, 3 Tbsp basalmic vinegar, 2 Tbsp chopped fresh basil, and 1 Tbsp olive oil.

- **Italian:** 1 Tbsp Italian seasoning, 1 tsp garlic powder, 1 tsp onion powder, 1 tsp cayenne pepper, 1 tsp oregano, 1 tsp salt
- **Chipotle:** 1 can chipotles in adobo sauce, 2 Tbsp chili powder, 1 Tbsp garlic powder, 1Tbsp onion powder, 1 Tbsp cumim, ½ tsp cayenne pepper
- **Maple Dijon:** 1/3 c maple syrup, ¼ c Dijon mustard, 1 Tbsp apple cider vinegar, 2 tbsp, fresh rosemary
- **Lemon Herb:** zest of 1 lemon, juice of 1 lemon, 1 Tbsp oil, 2 minced garlic clovers, 1 Tbsp fresh thyme, 2 Tbsp fresh parsley, ½ tsp salt

Whole Grains/Starch

Brown Rice

Combine 2-3 c cooked rice, ½ c broth, 1 can of diced tomatoes and one of the spice mixes below:

- **Cilantro Lime:** ¼ c chopped fresh cilantro, 2-4 Tbsp fresh lime juice, 1 tsp salt, ½ tsp cayenne
- **Cajun:** 1 Tbsp garlic powder, 1 Tbsp paprika, 1 tsp onion powder, 1 tsp cayenne pepper, 1 tsp oregano, 1 tsp dried thyme, 1 tsp salt
- **Italian:** 1 Tbsp Italian seasoning, 1 tsp garlic powder, 1 tsp onion powder, 1 tsp cayenne pepper, 1 tsp oregano, 1 tsp salt
- **Coconut Rice** :1 can unsweetened full fat coconut milk, 2-3 cloves garlic, 1 tsp salt

Other Grains

- **Mexican Pasta Salad:** Blend ½ avocado, ¼ cup light mayo, 2 Tbsp lime juice, 1 clove garlic, ½ tsp salt, and ¼ tsp cumin. In a bowl, combine 3 cups cooked whole wheat fusilli pasta, 1 cup halved cherry tomatoes, ½ cup black beans, ½ cup corn, ½ cup shredded cheddar cheese, ¼ diced red onion, and ¼ cup fresh cilantro. Toss with dressing and enjoy.
- **Pear Quinoa Salad:** Microwave 1 pouch quick cooking quinoa according to package directions. Add 2 tbsp olive oil, 1 Tbsp pear or balsamic vinegar, ¼ cup fresh chives, ¼ tsp salt and pepper, 2 diced ripe pears, and ¼ cup chopped walnuts or pecans. For extra protein, add shredded chicken. Enjoy hot or chilled.

Wraps (protein + grain, veggies/fruit on side)

Chicken

Use shredded chicken (or pork) from the slow cooker section, or use rotisserie chicken or Purdue Short Cuts.

- **Avocado Chicken Salad Wrap:** Makes 4 wraps. Combine ½ cup non-fat plain Greek yogurt, 1 mashed avocado, 1 cup cooked chicken, ½ tsp salt, 1/8 tsp pepper, ½ tsp garlic powder, ½ cup chopped celery, ¼ cup diced red onion, 1 tsp lime juice, and ¼ cup chopped grapes.
- **Buffalo Chicken Wrap:** 2 Tbsp low fat Greek yogurt, 2 Tbsp buffalo sauce, ¼ c broccoli slaw, 1/3 avocado, tomatoes, diced red onion.
- **Caprese Chicken Wrap:** Top a whole grain flatbread with 1 sliced tomato, 1 oz mozzarella cheese, 3 oz rotisserie chicken, and a few torn basil leaves. Sprinkle with black pepper, ½ Tbsp olive oil and ½ Tbsp white wine vinegar.
- **Chicken Fajita Wrap:** 1 large multigrain wrap, ¼ cup fat free refried beans, 2 Tbsp salsa, ¼ c jack cheese, 6oz chicken, fajita seasoning
- **Greek Salad Pita Pocket:** Fill a whole wheat pita with 1 Tbsp olive oil, 1 Tbsp red wine vinegar, 1 plum tomato, ¼ cup diced cucumber, ¼ sliced red onion, ¼ cup chopped green bell pepper, ¼ cup feta cheese, and 1 Tbsp chopped parsley. Add chicken if desired.
- **Mango Chutney Chicken Wrap:** Combine 1 Tbsp Greek yogurt, ½ tsp curry powder, 1 Tbsp mango chutney and a sprinkle of black pepper, spread on 1 whole grain naan bread. Top with ½ spring mixed greens and 4 oz rotisserie chicken. Wrap tightly and enjoy.

Turkey

Use thin sliced, low sodium deli meat or turkey breast.

- **Turkey Cobb Flatbread Wrap:** Spread 1 Tbsp low fat blue cheese dressing on 1 whole grain flatbread. Add 2 oz think sliced roasted turkey, ¼ cup chopped to tomato, ¼ cup shredded romaine, and ¼ avocado. Roll up tightly.
- **Avocado Sandwich:** 4 oz turkey, ½ avocado, spinach, tomato, 2 Tbsp low fat Ranch
- **Cranberry Wrap:** 4 oz turkey, Swiss cheese, spinach leaves, 1 Tbsp cranberry relish, whole grain tortilla

Vegetarian (see “Hurry the Food Up” for more quick, vegetarian recipes)

- **Grilled Veggie and Hummus Wrap:** Sautee red onion, red bell pepper, and eggplant slices in 1 Tbsp olive oil. Spread 2 Tbsp hummus on 1 whole grain flatbread or wrap. Sprinkle with 1 Tbsp feta cheese and chopped parsley.
- **Tangy Vegetarian Wrap:** combine 2 Tbsp sunflower seeds, a handful shredded carrots, ¼ c sliced red onion, ¼ c sliced green pepper, 1 tsp minced ginger, 2 Tbsp cottage cheese, 2 Tbsp plain greek yogurt, 1 Tbsp Dijon mustard, and 1 tsp lemon zest.

Sides

Fruit

- Whole fruit
- Apple sauce pouch
- ¼ c dried fruit
- Fruit cups or canned fruit in 100% juice

Veggies

- Carrots and hummus
- Snap peas, cucumbers, celery, bell peppers
- Low sodium olives
- Salsa

Grains

- Whole grain crackers
- Popcorn
- Mini rice cakes
- Low sugar, whole grain banana bread

Dairy/Protein

- Cheese stick
- Low sugar yogurt
- Peanut butter
- Tuna
- Nuts

Breakfast

- **Protein Green Shake:** 1 banana, 1 c almond milk, 1 scoop chocolate protein powder, 3 oz spinach, 1 Tbsp nut butter
- **Chocolate Banana Overnight Oats:** In a mason jar, combine ½ cup rolled oats, ½ Tbsp cocoa powder, 1/8 tsp cinnamon, 1 tsp chia seeds, ¼ tsp vanilla extract, ½ cup almond milk, and ½ chopped banana. Stir and sit in fridge overnight. Add additional sweetener or almond milk to taste.
- **Pumpkin Spice Overnight Oats:** In a mason jar, combine ¼ cup quick oats, ½ cup almond milk, 2 tbsp pumpkin butter, 1 tsp chia seeds, cinnamon, pumpkin pie spice, and ½ chopped banana. Stir and sit in fridge overnight. Add additional sweetener or almond milk to taste.
- **Egg Muffins:** whisk together 4 eggs and 4 whites. Add 3/4 cup sautéed chopped bell peppers, onion, and spinach. Preheat the oven to 350 and pour mixture into a 12 slot muffin pan. Bake for about 15 minutes or until firm.
- **Waffle Sandwich:** spread 2 Tbsp nut butter and ½ sliced banana between 2 whole grain frozen waffles.



SUNDAY	
BREAKFAST:	
LUNCH:	
DINNER:	

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